Feel Good Live Well

# **Brain Games** Group

#### Learning in a fun way

Challenging your brain and staying socially active are the two most important factors in avoiding the pitfalls of ageing.

This is not your average quizz group. Run by volunteers Bruce, Caroline, Kate and Dom, who produce really thought provoking material. A stimulating hour and a half of presentations, brain teasers and group discussion.

Come for a FREE trial on Monday for newcomers.

## **Mondays** 1.30pm

VOLUNTEER RESEARCHERS WELCOME

Canterbury Centre, 2 Rochester Road, Canterbury

Cost: \$5 Transport: \$5 each way

#### Come early at 12.30pm to enjoy a delicious 3 course lunch for only \$12

### **BASSCare**

**BOROONDARA AGED SERVICES SOCIETY** 

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